

## Outreach

**Northcott Neighborhood Youth Ministry** — We have launched a new Ministry serving “at risk” youths who are working to get their GEDs completed at Northcott. Under the leadership of Tyler Smoot and CUMC member Debbie Harder, a small group of volunteers serve lunch and host a Bible study on Thursdays at 11:30 a.m. now through May 12th or 26th. We need additional volunteers to cook and serve a meal for the youth. If you can help out with food preparation, food donation or serving see the sign up sheet on the kiosk or contact Debbie Harder, debbiejoy54@hotmail.com or at (262)242-2276. This is an exciting venture!

**January Food Collection** — The Food Collection for January will be going to Family Sharing in Ozaukee County.

**Pecans!** — We still have about two cases of pecans. There are plain and milk chocolate. *Please buy a bag now so we can close this project.* We are slightly discounting them to \$8.50 a bag. This is slightly more than our cost. If several of you buy one or two bags the project will be over. Remember the plain ones freeze well. They can be used for baking or for candied nuts to munch on or include in salads. The milk chocolate are delicious and make great snacks for the Super Bowl or great Valentine gifts. Do not forget your money and look for us at church.

## Finance

Will the person/family that has envelope box #136 please call the office. Thank you.

## Church News

**Active Seniors** — Feb. 2 at 1:00 p.m. “Back To The Future” A look back at the LRP (long range planning) plan and our congregational achievement. What are your opinions? Dessert included.

**Mary Martha Circle** — Mary Martha Circle will not be meeting in February.

**Women of Faith** — The Women of Faith will meet Monday, February 8th at 1:15 at the home of Joan Neuswanger, N78 W6915 Pine St, Cedarburg. The study will be chapter 11, which is “Paul: The Peripatetic Theologian.” The author, Dr. Kalas refers to Paul saying, “You cannot ignore him and tell the biblical story.”

**F**our new adult classes are offered at the Sunday School hour of 9:15 a.m. to stretch, nourish and inspire adult participants. Here is the four class lineup that is diverse, yet with particular focus target audiences: You absolutely can still get involved! So, please select one and join us!

- **“Choose Joy”** – a Women’s book study with Lee Ann Blackmer (based on a book by Kay Warren) (Conference Room)
- **“Growing Compassionate Kids”** – a discussion with Mike Blodgett (Library)
- **“Disciple Fast Track – New Testament”** – a Bible overview study with Pastor Dave (Community Room)
- **“The 21 Irrefutable Laws of Leadership”** – study with Randy Roupp about enhancing one’s personal, professional & church leadership (book and workbook by John Maxwell) (Young Adult Room)

One is a *women’s* study, one for *parents*, one for persons desiring intensive *bible study*, one a discussion on how to improve and make effective *one’s personal influence*.

# ANNOUNCEMENTS

## January

Community United Methodist Church, Cedarburg

Week of January 24, 2016

<p>Family Promise Host Week Ends <b>WORSHIP 8:00 AM and 10:15 AM</b> Sunday School for All Ages 9:15 AM Youth Ministries Winter Retreat Return</p>	25	<p>Staff Meeting 4:30 PM Boy Scout Leader Training 6:00 PM Acts 29 7:00 PM</p>	<p>Confirmation 5:00 PM Student Ministries 6:00 PM Handbells 7:00 PM</p>	<p>Men’s Study 7:00 AM Northcott Youth Ministry Bible Study 11:30 AM Barcel Violin Group 4:30 PM Boy Scout Leader Training 6:30 PM Chancel Choir 6:45 PM</p>	29	<p>Congregational Health Forum 10:00 AM</p>
<p><b>WORSHIP 8:00 AM and 10:15 AM</b> Sunday School for All Ages 9:15 AM Praise Lab 6:30 PM</p>	1	<p>Active Seniors 1:00 PM Acts 29 7:00 PM Befrienders 7:00 PM Young Adult Night “Tea Tasting” 7:00 PM</p>	<p>Confirmation 5:00 PM Student Ministries 6:00 PM Handbells 7:00 PM</p>	<p>Men’s Study 7 AM Northcott Youth Ministry Bible Study 11:30 AM Family Promise Coordinator Meeting 6:30 PM Chancel Choir 6:45 PM</p>	5	6

**Office Hours Monday - Thursday 9:00 a.m. to 2:00 p.m. Friday 9:00 a.m. to Noon**

<p><i>Looking Ahead</i></p> <p><b>Greeters:</b> 8:00 a.m. - Mike &amp; Kelly Queoff <b>Coffee Fellowship:</b> 8:00 a.m. - Need Volunteer <b>PC Operator:</b> 8:00 a.m. - Randy Roupp <b>Sound:</b> Mike Harrington <b>Nursery:</b> Infants 9:00 a.m. - G. &amp; J. Vanderspool Toddler 9:00 a.m. - Val Nichols <b>Welcome Center:</b> 8:00 a.m. - Linda Hansen</p>	<p><i>Sunday, January 31, 2016</i></p> <p>10:15 - Kerry &amp; Kathy Henderson 10:15 a.m. - Need Volunteer 10:15 a.m. - Need Volunteer <b>Acolyte:</b> Need Volunteer 10:15 a.m. - Jan Adams 10:15 a.m. - Jen Lange 10:15 a.m. - Lee Ann Blackmer</p>
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*Young Adult Night*  
**“Tea Tasting” with Nate Gruber**  
**Tuesday, February 2 • 7:00 p.m.**  
With Nate’s extensive buying of tea from locals in China, his travels there, and his vast experience in Minneapolis with the high end tea industry ... this will be a fun and educational night.

*January Sermon Series*  
**“Four Things You Need in 2016”**  
Jan. 24 - Details - Can I trust God with the details of my life?  
Jan. 31 - Faith Fatigue - How not to suffer from it.  
Feb. 7 - “The Big Game - is NOT tonight” Special Sunday about our Long Range Vision & Plan.

# Congregational Health Forum

*Saturday, January 30*

John Wesley, the founder of Methodism, believed not only in spiritual health and well-being, but also in physical health and well-being. They go hand in hand. In fact, in the late 1700's he actually wrote a booklet entitled, "Primitive Physick." In it, the Rev. Wesley offered the people of his day both an overall preventive approach to health and a long list of remedies for specific ailments - in all more than 800 prescriptions for more than 300 different disorders! He encouraged exercise and a good diet... wisdom ahead of its time!

In that spirit, we at Community UMC will ourselves spend one morning devoting ourselves to our physical health and well-being. Given the widespread array of people with a wealth of knowledge and resources within our congregation, we will have a "Health Forum" that behaves like a cross between a health fair and speed dating!! At 10 a.m., all of us will meet in the sanctuary for a brief address by Tricia Gruber on the biblical basis for attending to the care for our bodies ...and doing so with a passion! Then, beginning at 10:30 a.m. (this is the speed dating moment) we will have 3 sessions of 20 minute talks in various rooms throughout the church. Different persons, with different expertise will give these "talks". Every 20 minutes, you will get to switch to another group! Pick what interests you. Workshops for Elementary aged children, and a nursery for babies are provided. Teenagers can join in the adult talks and the one specifically designed for them.

*A Great Event for bringing friends!*



## Tricia Gruber, Keynote Talk

Learning Resource Developer at  
Discovery World, Milwaukee

*"Fitness isn't for Me"*

A talk for people of all ages  
in the Sanctuary

## Workshops



*"Nutrition: Healthy Eating"*

Melissa Geszvain, Nutritionist



*"Fitness Excuses to Stop Making"*

Jen Lange, Personal Trainer, National  
Academy of Sports Medicine



*"Looking Inward: Yoga  
Beneath the Surface"*

Melissa Hattie Hale, Yoga Instructor



*"Silver Sneakers - Never too old to Exercise"*

Bob Hahn, owner, Real Fitness



*"Choosing a Fitness Club that's Right  
for You"*

Bob Hahn, owner, Real Fitness



*"InstaFit for Teens"*

Tricia Gruber, Biology Education Specialist



*"Good Bacteria - Reasons to eat Fermented  
and Cultured Foods"*

Pam Kolis, Dippy Hippy Fermenter



*"Overcoming An Injury Sensibly"*

Liz Alfonsi, Physical Therapist



*"Fall Prevention for Older Adults"*

Liz Alfonsi, Physical Therapist



*"The Power of Fruits and Vegetables"*

Erin Williams



*"Strong Bodies, Happy Hearts for Kids"*

(Elementary)

Linda Kunz, Elementary School Teacher



*"Germs and Every Day Living"*

Infectious disease, diagnosis, and treatment  
Ronald Zabransky, PhD